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An Amber Alert was issued after
her mom, Sara Baillie, was
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Your essential daily news

Poll shows Canadians split on issue of tipping. **Canada**

Family pleads for girl's return

AMBER ALERT

Five-year-old missing after her mother was found dead

 **Lucie Edwardson**
Metro | Calgary

The Family of Taliyah Leigh Marsman made an emotional plea for the five-year-old's safe return at a public press conference over the noon hour Tuesday.

An Amber Alert was issued for the "outgoing" youngster after her mom, Sara Baillie, was found dead in a northwest Calgary home early Tuesday.

Flanked by cousins, caregivers, and co-workers of the little girl's mom, Taliyah's great uncle, Scott Hamilton, did most of the speaking at the Calgary police headquarters.

"To those who have taken Taliyah Leigh Marsman, please return her," he said. "Drop her off at an RCMP station, or a Calgary Police Service station, grocery store, gas station — wherever you want. Contact the family to come pick her up. There'll be no questions asked. We love her, we miss her, and we want her back."

Family describes Taliyah as

a little girl who is very mature and appeared older than her five years. They stressed the pronunciation of the little girl's name — Ta-LEE-ah — noting she might not respond to other pronunciations.

The family last had contact with Taliyah Sunday morning.

Taliyah is described as a mixed-race child with a slim build, brown curly hair and blue eyes.

Officers were called out to the 1000 block of Panamount Boulevard NW after family members said they were unable to reach Baillie.

Insp. Don Coleman of the CPS major crimes section said they haven't labelled anyone as a suspect, but are pursuing all investigative avenues.

"We're starting with her inner circle and working our way out," he said.

Coleman said although the investigation is two pronged, as it is a being investigated as both a homicide and a kidnapping, their primary goal is to bring Taliyah home.

"We're doing everything we can to get as much information out there to have Taliyah safely returned," he said.

"Somebody out there knows where Taliyah is and that person or those people need to do the right thing and step up and make that happen."

Coleman said the investigators located Baillie's vehicle a few blocks away from her home



Scott Hamilton, centre, and wife Marilynne Hamilton, right, uncle and aunt of Sara Baillie spoke at a press conference Tuesday, pleading for the safe return of Taliyah. HELEN PIKE/METRO

and are now searching it for any evidence. There was also no signs of forced entry on Baillie's home, police said.

While posting missing person signs around the Panorama Hills community where Taliyah went missing, babysitter Keisha Meas described Taliyah as a loving young child.

"She loves to dance, play, make new friends," she said. "She's just so friendly and loving and caring."

During the press conference, Scott Hamilton said his wife Marilynne had just taught Taliyah how to ride a bike.

"Her bicycle sits in our garage, waiting for her return," he said.



Taliyah Marsman with her mom Sara Baillie. FACEBOOK

Taliyah's father

The father of missing five-year-old, Taliyah Marsman is cooperating with police, according to Insp. Don Coleman of the Calgary Police Service major crime unit.

Coleman said Taliyah's father, Colin Marsman, is estranged from her mother and the couple had a "limited" history of domestic violence "both reported and unreported," but didn't elaborate further.

Court documents obtained by Metro show that Colin Marsman was charged with the unlawful confinement and threatening of Sara Baillie on Feb. 1, 2015. The documents show however, that the charges were dropped March 2, 2015 after a 12-month peace bond of \$3,000.

Conditions of the bond included: Not going within two blocks of Baillie's home, banned from entering any establishment where liquor can be sold or consumed and to undergo counselling or treatment in relation to substance abuse, domestic violence and anger management.

Marsman's current girlfriend, Jessica Mardinger posted photos of Marsman and Taliyah as well as one photo of the three of them. "Colin is a great father. He is in so much pain right now. We need Taliyah back," she wrote.



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 **POLITICS**

Alberta NDP to review car insurance; public model not on the table
Don't fret — the Alberta NDP has no plans to make car insurance a government-run business, according to the Ministry of Finance.

On Monday, the Alberta government announced it's conducting consultations with industry stakeholders regarding the private automobile insurance system so that the province's current system remains fair, affordable and accessible.

In an email, Ministry of Finance spokeswoman Leah Holodai said the government is not considering a public car-insurance model.

"The last time these regulations were meaningfully updated was in 2004," Holodai said. "This process is about modernizing the current regulations to ensure consumers are able to access a fair and equitable insurance system."

Heather Mack, director of government relations with the Insurance Bureau of Canada's Alberta branch, said claims costs in Alberta have increased annually. "It's one of those signs that concerns us, just so people don't have high insurance rates," she said. Mack said Alberta's increase in insurance rates is largely a result of more people getting big payouts for minor injuries, essentially bumping up premiums for other drivers.

"We'd like to see that changed and this review allows to us to really see what's going on," she said. "The system needs some maintenance."

JEREMY SIMES/METRO



Increasing numbers of Stampede-goers are getting to the grounds on cycles.. CANDICE WARD / FOR METRO

Stampede gives 12 Ave. cycle track a leg up

TRANSPORT

More revellers travelling to festival by bike



Helen Pike
Metro | Calgary

Instead of hoofing it to Stampede a number of Calgarians are choosing a leisurely pedal to the grounds.

On Friday, the 12 Avenue cycle track had a record-breaking count with more than 700-recorded trips, undoubtedly thanks to Stampede celebrations.

"Lots of people are getting out and accessing the Stampede grounds by bike," said Katherine Glowacz, spokeswoman with the City of Calgary. "The tracks

were definitely very busy this past weekend."

The cycle track goes directly from the Beltline to Stampede grounds, giving cyclists a clear-cut way to get to the midway without the fuss of paying for cabs or parking. Plus, if you've pedalled to the rodeo, you probably deserve that deep fried treat.

The ground's closest counter, west of 3 Street SE along 12 Avenue, typically hit an average of 220 trips for a weekday in the last 30 days. The other counters along that route didn't have the same spike, with Sled Island weekend peaking the month at counts up to 1,340.

Last year, Stampede opening weekend garnered about 350 trips. What certainly helped the track's record was that a final stretch was opened on Friday, just in time for the Stampede parade celebrations.

It's going to increase the comfort for people in the last block, and makes getting to the destination easier.

Katherine Glowacz,
spokeswoman with the City
of Calgary.

"It's going to increase the comfort for people in the last block, and makes getting to the destination easier," Glowacz said.

Although the final section is now open for use, just in time for the greatest outdoor show on earth, there are still some finishing touches that need to go up before the end of the 12

Avenue track is "complete."

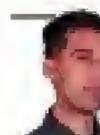
Glowacz said there will eventually be a bike signal light, to add multi-use crossing paint stickers to the ground of Olympic way. "The ambassadors are going to be out on 12 Avenue and Olympic way, letting people know how to use the bike box, and reminding people if they're walking in the cycle track that it is a space for people riding bikes," Glowacz said.

This year, Stampede has told Metro they've added more bike valet stalls and are working with a company called Do It Green (DIG) to have them staffed while the grounds are open.

"Generally speaking we do see biking as an increased mode of transportation to Stampede Park," said Stampede spokeswoman Jennifer Booth. "It's a great green way to travel to the park."

TRESPASSING

Pokémon hunters get into trouble


Aaron Chatha
Metro | Calgary

A hunt for wild Pokémons caused a group of Calgary kids to mistakenly trespass on to a construction site over the weekend. Calgary police said they were called by the security company on-site Saturday evening, and told that a group of kids were wandering the construction yard.

"It looks like they were pretty intent on catching these Pokémons, because you've got to catch them all, and they entered an area but weren't too aware they were committing an offence," explained Constable Mark Smith, with CPS Digital Communications. "I guess they were searching for some Pikachu, Squirtles or Shazams. Basically, the officer investigated and it turned out they were good kids. They weren't looking for trouble or anything like that."

Smith said the attending officer gave the kids, aged 12 to 14, some strong words of advice about trespassing, and let them go on their way.

The Pokémon Go app allows users to catch Pokémons in every day locations, using a combination of Google Maps and the phone camera. Smith stressed that anyone downloading the app should always be aware what's going on around them.

"We don't want someone to be trying to catch a Pikachu and suddenly get hit by a vehicle," he said. "It's good that people are getting outside. If they're going to be on their phones, at least they're in the fresh air. But just be aware of your surroundings and be careful."



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CRAFT BREWERIES

Grant program to replace tax discount

The Alberta government says it is dropping a beer markup that favoured western small breweries and will replace it with a grant program.

The NDP government said Tuesday that starting August 5 it plans to charge the same \$1.25 per litre beer markup for all beer, regardless of the size of the company or where the beer is made.

It was only last October that the government announced it was lowering the markup on beer from smaller breweries in Alberta, Saskatchewan and British Columbia as part of the New West Partnership trade agreement with the three provinces.

At the time, the move drew praise from local breweries but was criticized by craft breweries in Eastern Canada as a protectionist move.

But the Alberta Small Brew-

eries Association is now welcoming the level playing field between provinces and hopes other provinces will drop trade barriers on Alberta breweries as well.

Terry Rock, executive director of the association, said he was happy with the news and expects the grant program to make up for the higher beer markup on craft breweries.

THE CANADIAN PRESS

\$1.25

The NDP government said Tuesday that starting August 5 it plans to charge the same \$1.25 per litre beer markup for all beer, regardless of the size of the company or where the beer is made.



Desmond Desabrais, left, and Kyle Peet "dab" with an unknown Calgary police officer. COURTESY DESMOND DESABRAIS

Police officers 'having fun' with Stampeder

COMMUNITY

City's law enforcement show their brighter side

Jeremy Simes & Lucie Edwardson
Metro | Calgary

body in a vehicle, which was in the garage.

Special units — including the homicide unit — have been called to the scene to investigate.

Police are holding the scene and calling the death suspicious.

EMS told Metro they responded, but didn't transport anyone to hospital.

They have no further information on the incident.

METRO

On the heels of violent exchanges between police and civilians — recently in Calgary and the United States — two High River men have taken it upon themselves to show that cops can have a little fun.

On Saturday, Kyle Peet and Desmond Desabrais' photo with a Calgary cop saw thousands of Facebook likes and hundreds

of shares.

The photo depicts "dabbing," a new dance move that requires you to bury your head in elbow, as if you were sneezing, while pointing your arm skyward. The move was inspired by rap music.

Peet said he and Desabrais said they're sometimes stereotyped for how they look, so they decided to show a brighter side to the relationship between police and civilians.

"Everyone is just talking real bad about cops lately," Peet said. "So we thought if we had a photo with a cop, just joking around, I thought it'd just bring some awareness."

Insp. Leah Barber, who is in charge of policing on the Stampede grounds, said police look forward to working on the

It reinforces that the community appreciates what we do.

Insp. Leah Barber

Stampede grounds because of the fun atmosphere and happy people.

"It's a neat opportunity for police to be down at the Stampede," she said. "Generally speaking when the police are called people are in crisis, and so as a police officer when those are the situations you find yourself in day-in and day-out, it's kind of a nice break to be on Stampede grounds and see people that are having fun and

who are appreciative of what we do."

Barber said what she sees on the grounds is a stark contrast to what is seen on social media and in the news.

"It reinforces that the community appreciates what we do," she said. "With everything going on in the States right now and what seems like a lot of hatred towards police, we don't seem to be facing that."

Barber said even as Stampederers trickle out of beer gardens and bars in the early morning hours she sees officers and civilians "just having fun together."

"They walk out and yes, they're inebriated, but they're having fun and it's nice to see our officers smiling and laughing with them and taking the time to pose for pictures."

RADISSON HEIGHTS

Police investigate suspicious death

Helen Pike
Metro | Calgary

Calgary police are investigating after the body of an adult female was found in a Radisson Heights garage fire.

At approximately 3:30 p.m. the Calgary Fire Department called police after a body was found in the 3200 block of 12 Avenue SE.

Police said they found the



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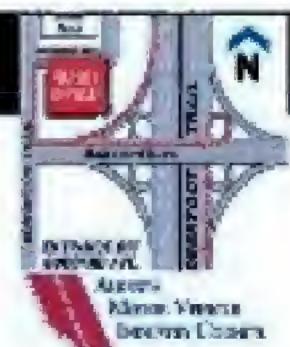
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Getting a nose for 'rock snot'

CONSERVATION

Researchers team up with fishermen to sniff out algae

Helen Pike
Metro | Calgary

Rock snot — no, it's not the name of your kid's indie garage band — it's a recently discovered type of algae called didymosphenia geminata (didymo), and researchers are trying to pinpoint what it's all about.

That's why the University of Calgary has teamed up with local fishers, and Trout Unlimited Canada to collect didymo samples in well known, or secret angling spots.

"We're just trying to get a better understanding of where didymo exists in Alberta and build a database of where it's existing and under what conditions," said Lesley Peterson, Alberta provincial biologist with Trout Unlimited Canada. "We can monitor that over time



From left, **Lee Jackson**, professor in the Department of Biological Sciences; **Brittany Cavers**, Ecology Program undergraduate research assistant; **Lesley Peterson**, provincial biologist with Trout Unlimited, and **Elliot Lindsay**, program biologist with Trout Unlimited. UNIVERSITY OF CALGARY

and see if things are changing."

Trout Unlimited is a national not-for-profit conservation organization focusing on restoration, monitoring, and stream

rehabilitation — everything to do with freshwater ecosystems.

Peterson said by keeping a close eye on streams and rivers they can help pinpoint other

research and monitor change overtime.

Didymo was discovered in 2003, when a postdoctoral fellow who found the large

bloom initially dubbed it an invasive species. But now, it's unclear if certain strands of the algae are native.

"We're often looking for the outliers and things that behave differently, not necessarily the species that follow the general rules," said Lee Jackson, a professor in the Department of Biological Sciences in the Faculty of Science. "Didymo kind of breaks the rules when it comes to nutrients, so it's very interesting from that perspective."

The draw for his lab to participate in this project is the cost it would take for him to gather these samples without outside help. The cost alone in fuel and staff wouldn't be feasible. But it's not just about logistics.

"It allows us to engage anglers and have them do some of the sampling for us," Jackson said.

Didymo kind of breaks the rules when it comes to nutrients, so it's very interesting.

Professor Lee Jackson

"It allows us to engage them in public education and outreach. They would probably go and fish in areas where we wouldn't normally sample."

Brittany Cavers is an undergraduate research assistant on the project and said she's going to be creating the sample gathering kits for fishermen, and then identifying samples as they come in.

"It's a newer organism," Cavers said. "Invasive species are an interesting area for me. I think it's always important to control invasive species as much as we can to preserve our natural ecosystems, so figuring out if it's invasive, and to what extent it's invasive is important."

Peterson said this is an education opportunity for anglers too, and the group is testing this model to involve a large volunteer community to help with sampling.

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During Stampede week things slow down a bit at the clinic so we thought it would be a good time to rustle up some excitement by putting our most popular facial treatment on sale. Long faces look handsome on horses and a droopy neck on a bull is fitting at the rodeo. Wearing a kerchief is a fun part of western attire, but if you're dreading taking that kerchief off because the other cowpokes will see the turkey gobble on your neck, it's time to mosey on down to Skinpossible for some Ultherapy!

Ultherapy is the new gold standard among non-invasive skin tightening procedures and the only FDA approved treatment recognized to "LIFT" the skin. Ultherapy has won multiple awards for "Best In-Office Procedure" and Skinpossible won an award from Ulthera for "Top Ultherapy Clinic." Skinpossible is the top Ultherapy clinic in Alberta. It is our most popular facial treatment and has one of the highest patient satisfaction ratings within the medical aesthetics world. Let me tell you why!

Let's begin with the simple fact that the goal of all skin tightening procedures is to cause controlled injury to the skin. The purpose is to trigger a healing response that will produce new collagen. To understand how injuring your skin can be beneficial, you might consider the benefits of going to the gym. During your workout you use movement, gravity and

perhaps added resistance to intentionally cause controlled injury to your muscle fibers. Your body then not only repairs the fibers but overcompensates and your muscles become bigger, stronger and more toned. Exercise, unfortunately, cannot injure skin so we have to rely on technology to do this for us. The result, however, is much the same. The healing response triggered by the injury causes the skin to become thicker, stronger, and more toned.

So what makes Ultherapy superior to other modalities that can tighten skin? Lasers, light and radio-frequency devices can also be used to cause controlled injury but none can offer the same degree, precision and depth of injury that Ultherapy is capable of. Why? Because Ultherapy uses Ultrasound! Ultrasound allows us to see beneath the surface of the skin to safely target the desired tissue more precisely and deeply than any other treatment within the aesthetics industry.

In a single treatment Ultherapy can precisely target three depths:

- 1) At 1.5 mm for superficial tightening where it is needed.
- 2) At 3.0 mm to target deep into the dermis.
- 3) At 4.5 mm to bypass the dermis and reach the muscle beneath known as the SMAS. The only other way to target the SMAS in a controlled way is with a surgical facelift. Thus, while Ultherapy cannot promise facelift results, it is as close as you can get to a facelift without going under the knife.

Ultherapy is cutting-edge, but it involves no cutting at all. It is a non-invasive treatment that allows you to have the treatment during the day and go out for dinner that very night. Results develop gradually as new collagen forms over a few months after the treatment. Unlike surgery there is no risk that you will look like anyone other than yourself, only a younger version of yourself!

Skinpossible's advanced Ultherapists customize every treatment to suit the needs of each individual patient. Ultherapy can reduce sagging on the neck, lift jowls, define the jaw line, elevate the brows, reduce hooding of the eyelids and more! It also works very well for tightening

skin on areas of the body such as the chest and arms.

There are other laser clinics so why choose Skinpossible? Because not all treatments work equally well. At Skinpossible we pride ourselves in offering only the very latest in breakthrough technologies. We have more technology than any other clinic in Calgary and all of our technology is tier-one within its class.

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HEALTH SERVICES

Population growth is blamed for deficit

 **Jeremy Simes**
For Metro | Calgary

Alberta Health Services' (AHS) 2015-16 budget is \$145 million in the red as the health authority grapples with population growth and increased demands for health care services.

AHS's detailed budget is expected to be outlined in the coming weeks, as it has yet to approve it as part of its 2017-

2020 Health Plan.

In an email, AHS said a continued population growth was one of the contributing factors to the deficit.

Other factors included increases in demand for services and activities, like continuing care, home care and priority surgeries, which resulted in more hours worked.

When asked about how AHS plans to be back in surplus, the health authority told Metro's answers would be provided once

the budget is approved.

Health Minister Sarah Hoffman said the ministry has given AHS a clear direction about freezing management and out-of-scope salaries.

"They're implementing some operational best practices by pairing up hospitals here in Alberta that are seeing better patient outcomes and reduced costs," Hoffman said. "We never like to see a deficit but also we were certainly in a time of transition last year."

She said severance pay in 2015-16 was around \$1 million, about \$3 million less than 2014-15's \$4 million in severance payouts. "We don't want to pay severance if we don't have to," Hoffman said. "That (reduction in severance) is better than the previous year."

AHS said the \$145-million deficit is comparable to 3.8 days of provincial operating expenses. AHS expenses were \$13.8 billion, a 6.2 per cent increase from \$13 billion last year.



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An RV industry association is raising concerns about the safety of tiny homes — such as the one shown in this file photo. METRO

Tiny homes worry RV industry

SAFETY

Local builder says industry just trying to protect itself

 **Brodie Thomas**
Metro | Calgary

Attention would-be tiny-home dwellers — the RV industry has its eye on you.

The Canadian Recreational Vehicle Association (CRVA) and has concerns about the sudden increase in the homes,

which are often built directly on trailers so they can be easily moved.

Shane Devenish, executive director of the CRVA, says the industry's main concern is safety, noting that traditional RVs are built to certain codes set by government regulators.

"There's certain insulation and fireproofing that an RV must have versus a modular home or a normal residence. If somebody is living in it year round it would have a different code."

He said tiny home builders aren't necessarily building to

those codes.

One concern he raised is that a poorly built tiny home brought into a campground could catch fire or explode.

However Ashley Baptiste of Serenity Acres Tiny Homes in Carseland, AB feels those concerns are unfounded.

"We take regulated and approved appliances and install them to manufacturers specifications. They are 100 per cent safe," said Baptiste.

He said he works with engineers and architects to ensure the homes he builds are safe, both for everyday living and for transporting on the highway.

Baptiste said he might be concerned about the do-it-yourselfer building a tiny home with no training, but added you have to watch for that in any industry.

He's heard these concerns from other RV industry associations and he's not surprised, since they get their money from RV manufacturers.

"They have negative things to say about tiny homes and yet, when we contact these associations and try to get on board and get accreditation from them, they don't seem to be too interested in allowing us inclusion into their associations."



Sophia Fairweather creates dashboard cellphone decals, which are prettier than the ones she usually sees in stores. CONTRIBUTED

Business booming for seven-year-old

ENTREPRENEUR

Schoolgirl's firm moving thousands of Velcro stickers

Aaron Chatha
Metro | Calgary

At only seven years old, Sophia Fairweather is currently working on her fourth business.

And business is booming.

She started small, with selling cookies at her dad's office and moving up to coffee deliveries.

Things have really taken off, however, with Decals by Sophia. She's making Velcro stickers that attach to car dashboards for easy, hands-free cellphone access.

AIR CANADA

Plane makes bumpy landing

Jeremy Simes
For Metro | Calgary

Fifteen passengers on an Air Canada flight endured a hard landing Tuesday morning, after the plane's nose gear collapsed when it came to a stop.

On Tuesday, Air Canada Express flight AC7212 from Lethbridge landed safely with its main landing gear, according to Air Canada spokeswoman

Her first priority was making them beautiful.

"I saw that my dad had not pretty, and really prickly, Velcro and I asked my dad why it's not pretty," recalled Fairweather. "My dad said, well, we can make it that way."

Fairweather has made decals in the shapes of hearts, flowers, butterflies and more.

They're quickly growing in popularity, too — other businesses are taking notice, like construction workers who need a way to Velcro their gloves to their belt or hat.

Fairweather is committed to all aspects of the business — she's constantly promoting the products on social media, and taking care of business projections.

At first, she was hoping to sell 10,000 units this year.

"But can I tell you something cool?" she said. "I have an order of 10,000, so I might have

to change my projections for this year a little."

Fairweather's dad, Trevor, said he's been trying to support his daughter's ambitions.

"She definitely challenges my skill set," he said. "I try to be a champion as much as I can. I don't pat them on the head, say good idea and move on. I try to encourage them, say thank you for pointing out the problem, but what's the solution."

Fairweather is already looking ahead to her next project: an app that matches kids from war-torn countries to businesses and individuals in a position to help them become more entrepreneurial.

Inspiring other kids is a big part of her mandate.

If grown-ups are doing it, kids have to, and if kids aren't, everyone's poor," she said.

For more on Sophia's decals, visit decalsbysophia.com.

Angela Mah.
Mah said 15 people were aboard the Beechcraft 1900 plane when the nose wheel collapsed after the aircraft came to a stop.

"We recognize that this would have been disconcerting to passengers, and can confirm that our regional express partners are trained to handle events such as this and to look after our customers with care," Mah said in an email. "Passen-

gers deplaned using the usual passenger exit and were bussed to the terminal."

She said no injuries were reported, and all passengers — except one — booked with connecting flights to continue their scheduled travels.

Mah said the flight was operated by Air Canada Express' partner, Air Georgian, which is inspecting the plane and will take care of maintenance as required.



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A HOPPING GOOD TIME

BMO KID'S DAY Allie, 6, and Abby Forrest-Sanford, 7, enjoy the games on the midway at the Calgary Stampede on Tuesday. Wednesday kicks off BMO Kid's Day on the grounds. CANDICE WARD/FOR METRO



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- Jetz Bar And Lounge
- Best Western Port O'Call Hotel
- Peanuts Public House
- Carriage House Inn
- The Other Side Sports Bar
- Hotel Blackfoot

EVENT VENUE CATEGORY

- Century Casino Showroom
- Deerfoot Inn And Casino Banquet Facilities
- Flames Central
- Grey Eagle Resort And Casino Event Centre
- Hotel Blackfoot Banquet Facilities
- Macewan Hall Conference And Event Centre - University Of Calgary
- Southern Alberta Jubilee Auditorium

CAMPUS BAR CATEGORY

- The Den & Black Lounge
- University Of Calgary
- The Gateway Restaurant And Bar
- SAIT
- The Hub - Mount Royal University
- The Last Defence Lounge
- University Of Calgary



Doo Doo the Clown performs for the crowd at the main gate at the Calgary Stampede on Tuesday afternoon. CANDICE WARD/FOR METRO

Popular clown returns a hero

ATTRACTIOnS

Event mainstay Doo Doo saved Toronto women from attacker

Candice Ward
For Metro | Calgary

It has been an "unbelievable" year for Doo Doo the Clown.

For the past 15 years, Doo Doo (real name Shane Farberman) has been a regular performer on the Calgary Stampede grounds, but this year he returns as a hero.

In November 2015, Doo Doo was credited with saving two women from an attack in downtown Toronto — while in costume, in his vehicle filled with other clowns.

Looking back on the event, since neither of the women were seriously hurt, Doo Doo says it was actually quite comical.

"The oddest part is, if the guy (the attacker) had gotten in the

car, I don't know what I would do — maybe hit him with a balloon," he said. "I am a clown, what do I do?"

The incident instantly went viral, but was no laughing matter.

Doo Doo said he and a couple of fellow colleagues were just on their way home from a corporate event they were performing at when he noticed a young man running down the street jumping on cars and pushing people over.

After calling the police, he began following the man and noticed him punch a woman walking by.

Doo Doo called for the women to jump into his Hummer — with the two other clowns in the back.

The man then turned his anger onto the vehicle.

"It was actually the most terrifying ordeal of our lives," said Doo Doo.

Doo Doo caught most of the incident on his dashboard camera his son had given him.

Soon after, Doo Doo said he

started getting interview requests from media outlets from across North America — including the Tonight Show, Late Night with Seth Meyers — and outlets even as far as Australia.

"My life totally changed," said Doo Doo, who added that people started recognizing him as the hero clown from the moment he arrived at the Stampede grounds.

Before his harrowing incident, he was more famously known for the role of the clown in the Adam Sandler movie, *Billy Madison*.

+ HONOURS

Doo Doo was honoured by the City of Toronto for his bravery in November 2015.

He received the award for Entertainer of the Year the night before the incident.

Doo Doo has received congratulatory messages from a number of celebrities and organizations.

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Wednesday, July 13, 2016 **15**

Show-stealing pups take centre stage

ANIMALS

Canine stars test their agility, frisbee catching chops

Krista Sylvester
For Metro | Calgary

Hyper behaviour. Check. Enjoys chewing on things. Got it. Likes to jump on people. Perfect.

This may not sound like the typical checklist when you're adopting a dog but this is the perfect criteria for the dog handlers of the new stunt dog

SCHEDULE

Canine Stars performs daily several times a day on the midway.

Canine Stars outdoor show at the Calgary Stampede.

In fact, pit bulls and other perceived "bad breeds" make some of the best stars of the show, according to Canine Stars founder Keri Caraher, who says most of the dogs in the show are adopted from shelters, rescues or found as strays — and they are easy to train.

"Normally when we go to rescues or shelters, we're looking for dogs that already have that chase drive, want to play with toys, have way too much energy and tend to be destructive," Caraher explains.

A lot of hyperactive dogs like pit bull types are turned into the shelters because the owners can't deal with them but they are just good dogs who are bored and need something to do so we adopt them and bring them out to play and they love it."

While some Stampede-goers were disappointed that Super-



Canine Stars have been a real splash at this year's Calgary Stampede. CANDICE WARD FOR METRO

dogs weren't coming back this year, they don't seem to be showing it down at the grounds as they cheer on 40 rotating dogs performing a variety of stunts including agility racing, Frisbee tricks and the most

popular event, dock diving.

"The show was amazing; both the dogs and the handlers are incredible with lots of energy and crowd interaction," Stampede-goer Lana Dann says of the dock diving event.

WEDNESDAY EVENTS

Endless fun for kids on free admission day

Stephanie Joe
For Metro | Calgary

ONLINE

Check calgarystampede.com for details on your favourite attractions from across the Calgary Stampede.

adian National Supreme Halter Champion. Find them in the Agrium Western Events Centre and the Northern Lights Arena from 7 to 9 p.m.

The Coca Cola stage will be hosting Jocelyn Alice at 8 p.m., and Shawn Hook will be taking the stage at 9 p.m.

Nashville North is showcasing Cold Creek County at 10 p.m.

Ever wondered what it was like to live back in the olden days? Explore a Heritage Cabin and find out how pioneers lived before the West was won. You can find them at the great Frontier entrance in Ag from 9 a.m. to 9 p.m.

The Canadian Nationals Miniature Horse Show showcases 34 inches of talent, competing for the Can-

Enjoy non-stop music and entertainment with Window on the West stage located in the BMO Centre — Halls D and E. Shows will be going from 9 a.m. to 11 p.m. Watch daily art demonstrations here too.

Still need to pick up your cowboy hat? Stampede Market has you covered. Located in the BMO Centre, they're open from 9 a.m. to 11 p.m.

Watch canine athletes perform during Dog Bowl. You can find them in the Stampede Midway at various times.

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Canada | metro NEWS



Prime Minister Justin Trudeau and his son Xavier watch Ukrainian military exercises with Canadian military instructors on Tuesday at the International Peacekeeping and Security Center in Yavoriv, Ukraine. AP/GETTY IMAGES/THE CANADIAN PRESS

Canadians split on tipping

 **Wankee Li**
Metro | Vancouver

An Angus Reid Institute poll released Wednesday shows while Canadians are split on the issue of tipping, more would rather see restaurants keep the practice than abandon it.

But Vancouver restaurant owner Nevada Cope said the difficult decision to switch to a tipping model came down to revenue issues, not customer feedback.

"[It] was super heartbreaking to me. I wanted to make it work but it came down to either me or the business," said Cope, who owns Ritual, a restaurant in Vancouver's West End.

The restaurant paid its servers and kitchen staff a \$21 living wage when it opened in April until last Friday, when it changed to the conventional model of accepting tips.

Meanwhile, an Earls restaurant in Calgary launched a no-tipping model last week in favour of a 16 per cent hospitality charge.

Consumer opinion on the issue is split in Canada, with 46 per cent of respondents to the Angus Reid Institute poll reporting a preference for tipping and 40 per cent

responding in favour of a no-tipping model.

Time will tell whether the practice of tipping will continue in Canada, said Shachi Kurl, executive director at Angus Reid Institute.

"I think it is a bit of a wait-and-see to really gauge whether across the country Canadians are ready to embrace a no-tipping way of eating out."

But Canadians do agree on one thing — the amount they tip falls between 10 and 20 per cent and the amount they tip does not change depending on service.

Only 9 per cent of respondents said they do so "often."

The idea that tipping is no longer about showing appreciation



ISTOCK

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metronews | Canada

17

Trudeau visits the troops in Ukraine

POLITICS

PM, son watch manoeuvres by the military

A show of force capped Justin Trudeau's six-day swing through eastern Europe on Tuesday, underlining the risks and challenges Canada faces in an increasingly volatile and politically important part of the world.

The prime minister flew into Lviv in western Ukraine before driving to a nearby military base for a first-hand look at the work of 200 Canadian soldiers who have been training the Ukrainian army since last summer.

From a distance, Trudeau, his son Xavier and defence chief Gen. Jonathan Vance watched through binoculars as a Soviet-era armoured personnel carrier led a group of Canadian and Ukrainian soldiers toward a wooden building. The air shook as the vehicle's cannon fired several bursts in quick succession.

The troops then moved away

from the vehicle and spread out in a line facing the building. Four Canadians followed close behind as the eight Ukrainians slowly closed on the building while firing their rifles before placing an explosive inside and setting it off.

The exercise was the type of attack those Ukrainian soldiers could soon be conducting on their own in the east of their country, where the army has been fighting Russian-backed separatists for more than two years. Nearly 9,500 people have

been killed in the conflict, including civilians. Thousands more have been wounded.

Earlier in the day, Trudeau spoke to the soldiers — members of the Valcartier-based Royal 22e Regiment, or Van Doos — about Canada's role in helping Ukraine in its struggle with Russia, and re-engaging with Russia — are prepared to go when such a fight looms.

Trudeau's comments in Lviv, as well as remarks he made Monday day in the Ukrainian capital, Kyiv, suggested a shift in tone, albeit a slight one.

THE CANADIAN PRESS

Anglicans approve same-sex unions

Questions about the integrity of the voting process in which Anglicans narrowly rejected a resolution to allow same-sex marriage emerged Tuesday, leading to a stunning reversal of the result that had caused anguish among many members.

Clement tried in 2004 when the Canadian Alliance merged with the Progressive Conservatives to form the current Conservative party, but he finished third to Stephen Harper, who led the party until last fall. This time, he's already leading in one area that will be key to the party's efforts to revitalise itself after last year's election defeat: social media.

THE CANADIAN PRESS

all three orders." He then declared the resolution in favour of same-sex marriage passed.

"Same sex marriage. In the church. In my lifetime," tweeted Lauren Bryant-Monk, of Halifax. "I'm so proud to be Anglican today."

THE CANADIAN PRESS

However, the resolution to change the church's marriage canon still needs to be affirmed by the next General Synod in 2019 before it becomes law.

The apparent failure of the motion on

Monday night — which followed a bitter and divisive debate — stunned those on hand into silence. Some wept openly, others embraced.

To pass, the resolution required two-thirds approval by lay, clergy and bishops. The clergy failed to reach that threshold by one vote, which was not counted because it was wrongly attributed to a lay member.

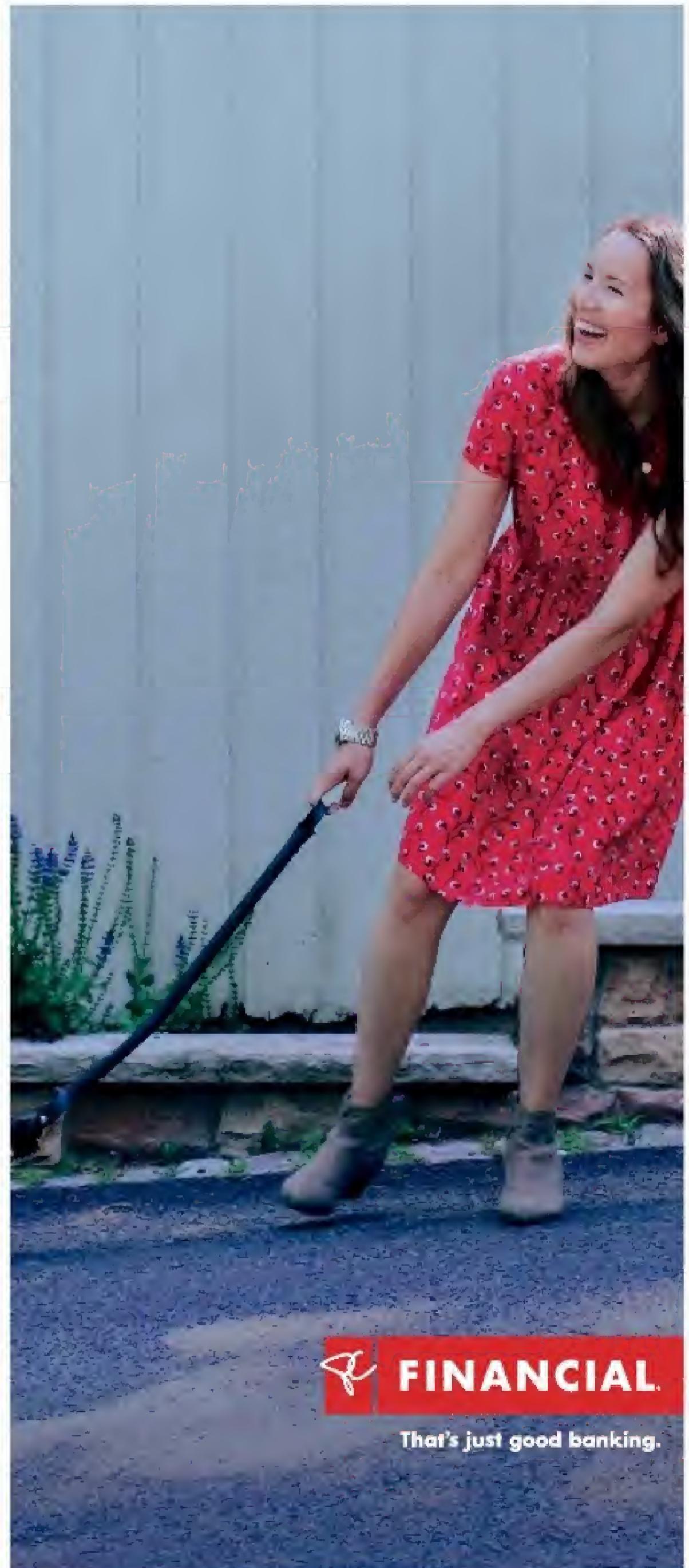
The error was discovered after delegates requested a detailed hard copy of the electronic voting records.

"That is our reality," Hiltz told stunned delegates. "That the motion is in fact carried in

THE CANADIAN PRESS

 FINANCIAL

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FINANCIAL

That's just good banking.

18 Wednesday, July 13, 2016

World metro NEWS

LOUISIANA

Three arrested in plot to kill police

Police arrested three suspects and were seeking a possible fourth suspect accused of stealing several handguns as part of what authorities Tuesday described as "substantial, credible threat" to harm police officers in the Baton Rouge area.

The arrests come at a time of heightened tensions after the deadly police shootings of black men in Baton Rouge and Minnesota and the killing of five police officers in Dallas last week.

Authorities in Baton Rouge discovered the alleged plot while responding to a burglary at a pawn shop early Saturday morning. Baton Rouge police Chief Carl Dabadie said in a press conference. The first suspect arrested told police that "the reason the burglary was being done was to harm police officers."

"We have been questioned repeatedly over the last several days about our show of force and why we have the tactics that we have. Well, this is the reason, because we had credible threats against the lives of law enforcement in this city," he said.

Authorities said they arrested one suspect at the pawn shop and tracked down two others. The third suspect arrested was a 13-year-old boy who was apprehended on a street. They called on the fourth suspect to turn himself in.

Police didn't immediately release the names of the suspects but said they all are from Baton Rouge and all are black.

A week after 37-year-old Alton Sterling was shot and killed by two white police officers in Baton Rouge outside a convenience store, tension are high in the city. While protesters demand justice for Sterling, the shootings in Dallas last week and other attacks on police around the country have put the police on edge. THE ASSOCIATED PRESS

TEXAS

'We are not as divided as we seem,' president says

President Barack Obama urged Americans rattled by a week of violence and protests to find "open hearts" and new empathy Tuesday in a speech that sawed between honouring police officers for their bravery and decrying racial prejudice that can affect their work.

Obama stood next to five

empty chairs for the white police officers killed last week by a black man seeking vengeance for police killings. Behind him, underscoring his message of unity: Dallas police officers, a racially diverse church choir and local officials who ranged from black Police Chief David Brown to former President George W. Bush, a Dallas resident.

Obama sought to reassure the nation that he understands the impact of the unsettling events of the past week — including the killing of two black men by white police officers as well as the Dallas attacks.

Disturbing videos of the events



U.S. President Barack Obama speaks during a memorial service for the victims of the Dallas police shooting. AP/GETTY IMAGES

have "left us wounded and angry and hurt," he said.

"It is as if the deepest fault lines of our democracy have suddenly been exposed, perhaps even widened."

Undaunted, the president urged Americans to cast aside such doubt and replace it with faith in the nation's institutions

and progress.

"Dallas, I'm here to say we must reject such despair. I'm here to insist that we are not as divided as we seem. And I know that because I know America. I know how far we've come against impossible odds," he said.

The president spoke steps away from the chairs left empty for the five men killed last Thursday while protecting hundreds of people protesting the killings of black men in Louisiana and Minnesota.

The Army veteran killed by police after the Dallas attack said he was motivated by revenge. THE ASSOCIATED PRESS



Democratic presidential candidate Hillary Clinton and Sen. Bernie Sanders wave to supporters Tuesday during a rally in Portsmouth, N.H., where Sanders endorsed Clinton for president. ANDREW HARNIK/THE ASSOCIATED PRESS

'Far and away the best': Sanders endorses Clinton

With hugs and handshakes, Bernie Sanders endorsed Hillary Clinton for president on Tuesday and emphatically told his supporters their "political revolution" must now turn to electing his Democratic former rival.

Sanders bestowed his long-awaited support before a boisterous New Hampshire crowd, declaring he wanted to make it "as clear as possible as to why I am endorsing Hillary Clinton." He vowed to do everything he could to help her defeat Republican candidate Donald Trump.

"This campaign is about the

needs of the American people and addressing the very serious crises that we face," Sanders said. He added: "And there is no doubt in my mind that, as we head into November, Hillary Clinton is far and away the best candidate to do that."

As Sanders delivered the endorsement just two weeks shy of the Democratic National Convention in Philadelphia, Clinton offered a huge smile, embracing him as they raised their arms in unity. The former secretary of state said the final four months of the campaign

would be "much more enjoyable" working alongside Sanders and echoed her campaign slogan, "We are stronger together."

During much of her remarks, Clinton embraced many of Sanders' causes, vowing to oppose trade deals like the Trans-Pacific Partnership, fight to raise the minimum wage and overhaul the campaign finance system.

Democrats have coalesced around Clinton's candidacy since she defeated Sanders in primaries last month in California and five other states, helped along by endorsements from President

Barack Obama, Vice-President Joe Biden and others. In a high-profile rally last month, Clinton was embraced by Massachusetts Sen. Elizabeth Warren, a liberal stalwart popular with Sanders' followers.

"It's like he's giving up if he endorses her," said Steve Rand, a hardware store owner from Plymouth, New Hampshire, before the two candidates took the stage. "She stands for everything that I am against."

But James LePage, a 25-year-old teacher from Denver who attended the rally, said he felt

Clinton was "genuine" in her remarks.

"I heard a lot of Bernie in her voice, which I wasn't willing to listen to before," LePage said.

A new GenForward poll of adults aged 18 to 30 found that Clinton was struggling to make inroads among young Americans who overwhelmingly supported Sanders. The poll found a majority of the nation's younger blacks and Asian-Americans have a favourable impression of Clinton, but she struggles with whites and Hispanics. THE ASSOCIATED PRESS

IN BRIEF

Yale worker destroys window depicting slaves

A former Yale University worker facing criminal charges for destroying a stained-glass window depicting slaves in a cotton field said that he should not have done it, but he found the image disturbing. Corey Menafee used a broomstick last month to break the window, which has been the target of protests because it is named for former Vice-President John C. Calhoun, a defender of slavery. THE ASSOCIATED PRESS

Canada still a grey area for viral game

POKÉMON GO

Players have lost gaming privileges, reports say

Genna Buck
Metro Canada



Never mind the risks of wandering into traffic, getting arrested for trespassing or even stumbling upon a dead body. What Canadian Pokémon GO users are most afraid of is getting banned from the viral new virtual-reality game.

There are unconfirmed reports of Canadian players having their accounts locked or gaming privileges revoked on the mobile app. Neither the developer, Niantic, nor the publisher, Nintendo, has commented about the rumours publicly.

Pokémon GO has not been officially released in Canada,

but that hasn't stopped die-hard fans. They've accessed it on iPhones by opening an American iTunes store account or on Android phones by downloading pirated versions of the program.

Neither option is endorsed by the company. But using Android application (APK) files from questionable Internet sites, called "sideloading," comes with the additional risk of picking up nasty malware that could steal personal information.

But can Nintendo really see if you're playing pirated Pokémon GO on your phone, and reach in and stop you?

Though this hasn't been confirmed, it's totally possible and no hacking would be required, says web developer and coding instructor Ryan Christiani of Toronto's Hacker U.

"It's not released in Canada yet, so anybody with a Canadian-registered device would automatically be flagged, I assume. And if (GPS shows) your activity is in a region of the world that is not part of the

+ IN CANADA

The app is only available in the U.S., New Zealand and Australia. The Canadian release has been delayed because so many people have piled into the game that they have overwhelmed the company's servers.

release, that's another way they could tell," Christiani said.

The only obstacle for Canadians who are hell-bent on playing Pokémon GO right now is getting the app onto their phones, Christiani explained. Once it's downloaded, they can log in with a Pokémon or Google account and start chasing critters around the neighbourhood.

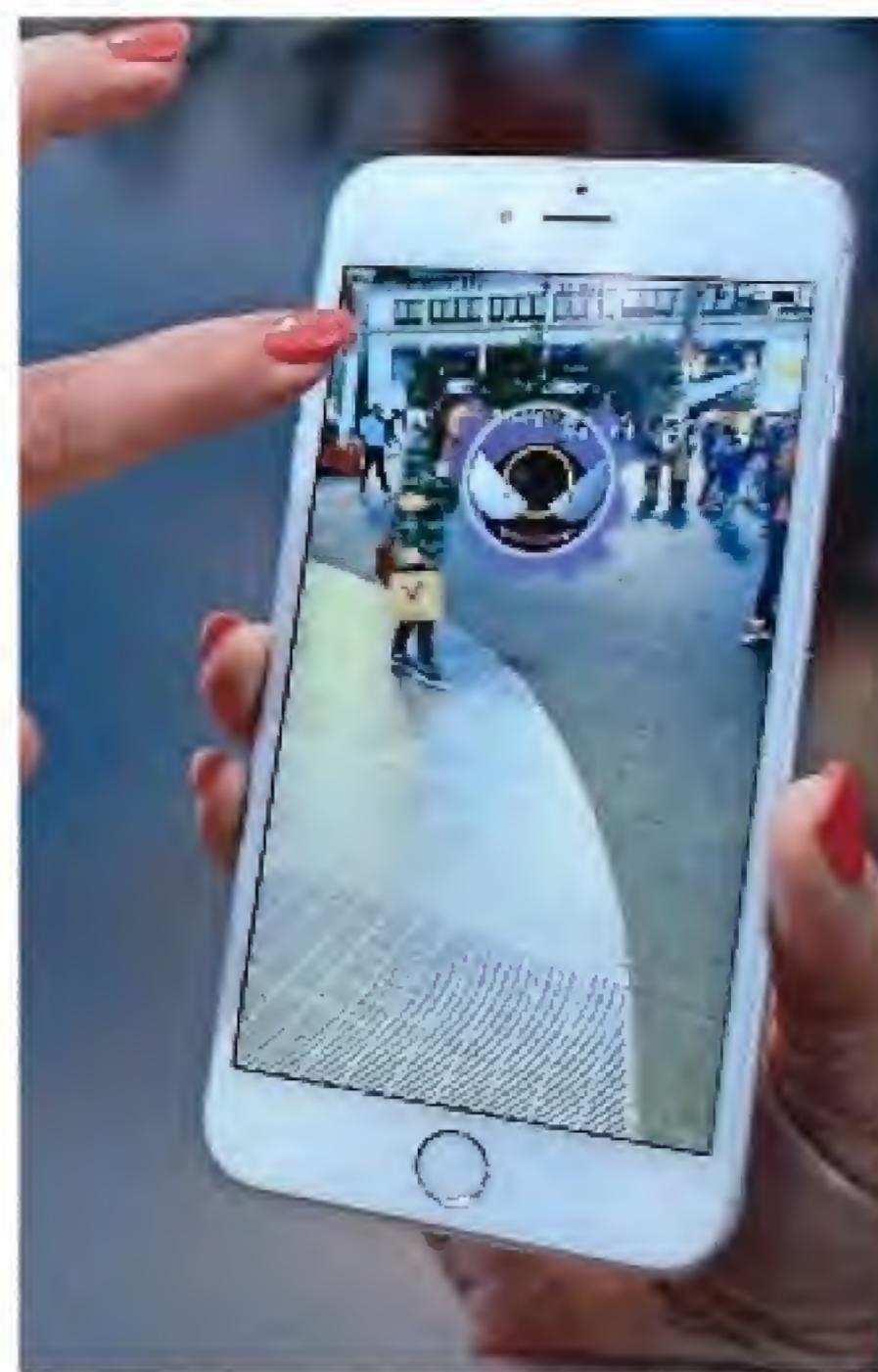
Pirated versions are not fakes. Canadian players are using the company's servers, which is why Niantic is free to lock people out if they violate its terms of service.

REACTION

Canadian Pokémon fans losing patience

Canadian Pokémon fans (or Pokémaniacs or Pokéholics, depending on who you ask) are past patiently waiting for the new augmented-reality app Pokémon GO. On social media they're crowing at Nintendo and Niantic to hurry up and get the game to the Great White North.

"(I'm) losing my mind," said



Pokémon GO has not been officially released in Canada, but that hasn't stopped diehard fans. TORSTAR NEWS SERVICE



Everyone from adults to young children are playing Pokémon GO. TORSTAR NEWS SERVICE

Mike McDonald of Hamilton in a tweet to Metro. "I check Twitter and the App Store every five minutes," echoed Isaac Hatcher of Whitby, Ont.

But unlike many bandwagon-jumping events of the past, there hasn't been much hostility towards newcomers from diehard, long-time superfans.

"I love that people are into Pokémon again," McDonald said. The welcoming attitude may be a result of how widely beloved Pokémon was during its heyday in the 1990s and early 2000s.

"I think every millennial wants to try Pokémon GO at least a little bit," said Samantha

EFFECTS

Good and bad aspects

Pokémon GO, in some cases, is bringing communities together, but in other cases it is getting some people in real trouble. Here are some of the effects the game is having across the country.

1 Toronto — In their quest to catch 'em all, users are rediscovering landmarks, avenues and alleyways in their city. "I had never been to the Jack Layton ferry terminal before, but I went there after work and got to see all these interesting things while trying to catch Pokémon for fun," said Sushil Tailor, a self-described Pokémon fanatic who works downtown.

2 Ottawa — The game tempted hordes of would-be Pokémon masters into the downtown core on Tuesday, despite the heat, causing them to discover new restaurants, bars, parks and the country's seat of power.

Emann, Metro's resident video game expert and co-host of the e-sports podcast Scrub League. "Pokémon hipsters are not a thing. Everybody was into it. Even if you weren't into it, you knew about it." GENNA BUCK/METRO

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Your essential daily news

Wednesday, July 13, 2016

ROSEMARY WESTWOOD ON BLACK LIVES MATTER'S GRACE

Coverage of the group has revolved not around the issues. It's revolved around how white mainstream Canada feels implicated. So in every exchange with the press, the movement's leaders have been forced to defend their existence.

Toronto's Black Lives Matter organizers often talk of playing the long game, as if standing on some high vantage point from which a future vista can be glimpsed.

For Rodney Diverlus — a frequent spokesperson — that vista is free of anti-black racism, and devoid of a militarized police. The long game, he says, offers sustained motivation. The long game may even serve to temper expectations, when events like the Dallas massacre of five police officers upends a conversation about violence against black people, and fuels a counter-narrative of police under attack. From the outside, the long game seems like a survival mechanism. From the outside, it's seems to give the Toronto chapters its signature, striking elegance.

Last week was a tumultuous one for the group, which has agitated for Canada's biggest city to recognize and dismantle systemic racism, most notably in policing, for the past two years. There was the distress of two police shootings of black men almost back-to-back in the U.S., followed by Dallas. Before all three events, the group had whipped up a Canadian controversy when they halted the July 3 Toronto Pride parade for 30 minutes. They unveiled nine demands for organizers, all focused on black and racial-minority visibility and support at the event, except for one, which called for an end to police parade floats.

Predictably and swiftly, the

press pounced and, mostly ignoring the eight demands, went for the jugular on the ninth. Mainstream outlets of supposedly conflicting political stripes struck a homogenous tone: Black Lives Matter was rude, a bunch of bullies, the antithesis of Pride's inclusivity. There was a widespread suspicion of their tactics, a general agreement that the group had only

Racism in Canada — against black people, indigenous people, Chinese people, and on and on — is not exactly splashy. Having tinted our entire culture like a dye, lacking the explosive, Jackson Pollock pigment patterns found in America, it allows many of us the option of ignoring it.

Thus, from the start, the coverage of Black Lives Mat-



GRACE UNDER FIRE Rodney Diverlus of Black Lives Matter Toronto speaks at a news conference on July 7. **cj**

hindered its own cause. By the time media began publishing a lesser number of alternate reactions — suggesting such knee-jerk condemnation revealed a willful misreading of the deeply political nature of Pride events — the tone had been set. Black Lives Matter was the bad guy. As it's been from its inception, for fairly simple reasons.

The group is an affront to Canadian society on two levels: Its tactics offend our Canadian gentility (How rude! They held up a parade! And they didn't even ask first!) and its premise underlines a pervasive racism we do not wish to see (What are they complaining about? We're all friends here!).

ter protests (shutting down a major Toronto road; camping outside police headquarters) has revolved not around the issues that spawned them, like black incarceration rates, poverty rates and education rates. It's revolved around how white mainstream Canada feels uncomfortably implicated.

In every exchange with the press, the movement's leaders have been forced to defend their existence in the same breath as they advocate for change. Surly a tiresome task, but Black Lives Matter spokespersons rarely show it. And last week especially, in the face of a maelstrom of tone-deaf condemnations from the press, its leaders were unflappable.

BLM's tactics offend our Canadian gentility, and its premise underlines a pervasive racism we do not wish to see



Parents should make most of Pokémon Go

Catherine Little

It has been eight years since Pokémon fever raged at my house, so I was intrigued to hear about Pokémon Go, the incredibly popular augmented-reality smartphone game.

The idea is to use your phone's GPS to go to real places and "catch" virtual Pokémon. I have read a few articles describing the dangerous situations players have found themselves. And on Monday, I saw a segment of the CTV show *The Social* in which the hosts despaired for the future of humanity because people were wasting their time trying to become Pokémon Masters.

So far I've heard nothing about the game's potential learning opportunities. As a mom and teacher, I can tell you if we could harness and utilize the power of Pokémon, we would be able to reach a lot of children we might characterize as reluctant learners.

When Pokémon became the "big thing" at my son's school he was 6 and he wanted to collect the cards. I recalled that when my younger brother was interested in Pokémon, the cards were used to play a game, so I taught myself how to play. In addition to understanding my son's interest, I realized I could use it to help him learn to read.

I was right. Because he was highly motivated to learn the strengths and weaknesses of each character, it took him mere weeks to figure out how to decode the information on the cards. He also practiced basic addition and subtraction, which enabled him to track characters' health

points. Most importantly, he used higher-order thinking skills to build winning decks, wherein each of 60 cards complemented the others.

Eventually, we attended events and tournaments and met an incredibly friendly community. Experienced players were happy to mentor my son and share their knowledge and resources. I noticed that the best players were very smart but not necessarily motivated at school.

So far, Pokémon Go has been blamed for being so distracting that players are hurting themselves and neglecting their real-life relationships, but I see learning potential in this game too.

Parents could use it to teach mapping and responsible use of GPS, as well as financial-literacy (e.g., how to manage the limits of a mobile-data plan). Parents can help their children learn to balance the game with their other responsibilities and teach them when it might be inappropriate to play.

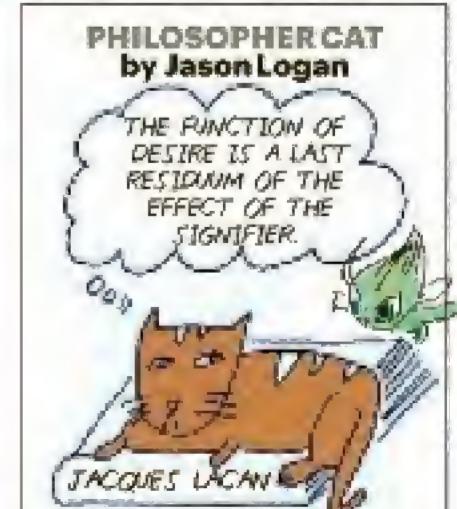
Finally, this game requires players to go outdoors. Early reports are that it has been very successful in motivating people who might spend most of their time inside in front of a screen to explore ravines, parks and other natural areas. As a former outdoor education program co-ordinator, I know this is an important first step. So instead of fighting against it, it might be worth investigating how to leverage the teaching potential of something players find so highly motivating.

Catherine Little is an educator and consultant who writes about parenting, education and diversity

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Jamie Oliver's food emergency

EXCLUSIVE Q&A

Celeb chef on meatless Mondays and cheering on 'wonky veg'

Melita Kuburas
Metro | Canada



Food activism is a priority for celebrity chef Jamie Oliver.

Recently, he has made an effort to cut his meat consumption to less than three times a week. Oliver tells Metro in an email interview. He is also excited to see U.K. grocery stores selling "wonky veg" (or "ugly" produce, as it's known in North America) to reduce food waste and make fresh ingredients cheaper and more accessible.

We chatted with Oliver, who just opened his second Jamie's Italian location in Canada at Square One shopping centre in Mississauga, Ont., about his passion as he eyes expanding the restaurant across Canada.

Your first North American restaurant opened in Toronto last year and now we're getting a second. What have you learned about the scene here?

I think people in Greater Toronto are very savvy when it comes to food — they love the idea of being in a comfortable and casual environment, but really see the value in what we do. I think they definitely appreciate the sourcing behind and the quality of the ingredients we use, and at the same time, love the simple style of our food and the accessible environment.

You have been a big supporter of

getting children to eat healthier through school programs like Feed Me Better. What did you learn?

OK, it's been over 10 years since the first School Dinners campaign so I've learnt a lot, but I guess one of the most important things is that, in general, kids love to have ownership over the food they eat. Getting them involved in growing and cooking from an early age, will mean that they're much more likely to eat a wide range of foods as an adult. In the U.K., we have the Kitchen Garden Project, which helps schools to create kitchen gardens — the children look after, nurture and grow food, and go on to use their produce in a whole variety of lessons. They end up cooking and eating all kinds of fantastic food — it's inspiring to see.

What do you see as the next big cause you would like to throw your support for?

The current campaign, which is the global Food Revolution to tackle the worldwide problems of obesity and diet-related disease, is very long-term and I have no doubt that I'll still be working on it when I'm 90. We're at a point in history where we absolutely have to take urgent measures to help people all over the world to feed themselves better and keep themselves healthy. So there's one big campaign that is my focus now and for the foreseeable future.

What environmental issues do you see as being pivotal to ensuring the continued availability of affordable healthy food around the world?

I think one of the main issues is meat consumption. I'm a carnivore, but I've cut down considerably and now I probably only eat meat two or three times a week. I've ramped up my veggie meals in the last few

years — it started with Meat Free Monday, and expanded from there — not only does it make me feel better, but also it's better for the planet.

A lot of studies have shown there is a "grocery gap" in urban centres with healthy food being more difficult to get in some neighbourhoods. What do you see as the biggest barrier to healthy eating for urbanites?

Yes, this is a real problem in cities, and it's one of the many areas where I think governments and retailers can make a real difference in ensuring that customers on all budgets have access to fresh vegetables and fruit. In the U.K., one of our supermarkets started selling "wonky veg" — that's perfectly good veg which would otherwise be thrown away before it gets to the shops because it's not quite perfect — and that's an exciting development. Until we make fresh ingredients more affordable and accessible, we're not going to be able to properly solve our issues with diet-related disease.

What will be your favourites on the menu at the new Jamie's Italian?

You've got to try our organic pork chop from Du Breton, a third generation family run business — it's superjuicy and incredibly tasty! One of my all-time Jamie's Italian favourites is the Turkey Milanese, made with oozy fontina cheese from the Val de Aosta and San Daniele prosciutto. I'm also a big fan of the Super food salad — with a little bit of everything, from lentils, seeds and pops of pomegranate, to creamy avocado and a bit of harissa, it's jam-packed full of goodness.

We're at a point in history where we have to take urgent measures to help people all over the world to feed themselves better.

Jamie Oliver



Jamie Oliver's second restaurant in North America opened in the Greater Toronto Area, and he's eyeing an expansion across Canada. CONTRIBUTED

SCIENCE

New study finds sharing food boosts trust across the board



Breaking bread, or pizza, together really does leads to other kinds of sharing, like sharing ideas. ISTOCK

New research from the University of Chicago suggests when people eat the same food, they're more likely to co-operate and even trust a product testimonial more.

"When people eat the same food, they feel closer and then are more trusting," said Kaitlin Woolley, co-author of the study and a PhD candidate in behavioural science at the University of Chicago Booth School of Business.

The study — A recipe for friendship: Similar food consumption promotes trust and co-operation — was published online in the Journal of Consum-

er Psychology in June. It consists of four smaller studies carried out between 2013 and 2016 by Woolley and her co-author Ayelet Fishbach, a professor of behavioural science and marketing at the Booth School of Business.

In one experiment, they paired 176 students together and gave them bowls of candy. Half were told to eat the same candy and the other half told to eat different candies. Participants then played a trust game in which one person was assigned the role of fund manager and the other was assigned the role of in-

vestor. Those who ate the same candy invested more money than those who ate different candy.

In another experiment, 124 students were paired up and assigned the roles of either union leader or manager and told to negotiate wages. For half the teams, the two participants ate the same three snacks and for the other half, the two ate different snacks. Those who ate the same food came to a resolution in 3.63 strike rounds, twice as fast as dissimilar eaters.

Laura Cavanagh, a professor of behavioural sciences at Seneca

College who was not involved in the study, said the results make sense evolutionarily.

"We use a lot of mental shortcuts when deciding who to trust and not to trust," she said. "We're using the animal instincts in the back of the mind ... I know that (the food) is safe, I know that you're safe."

Cavanagh said humans' ability to process information quickly and navigate social situations has allowed our species to thrive, but these subconscious instincts could also leave us vulnerable to manipulation. TORSTAR NEWS SERVICE

RECIPE

Safe-to-eat cookie dough

Lovers of raw cookie dough, don't despair.

The U.S. Food and Drug Administration recently had to remind everyone to not indulge in this favourite unbaked treat after General Mills recalled 10 million pounds of flour containing a strain of E. coli, which gave dozens of people food poisoning.

The uncooked eggs in cookie dough have always presented a risk of salmonella, although a low one thanks to pasteurization. Health Canada recommends against eating raw cookie dough for this reason. Now we're told that eating uncooked flour can also lead to illness. This is because flour isn't heat- or pressure-treated to kill bacteria during the production process.

A quick online search for raw cookie dough recipes yields many eggless recipes but many contain raw flour. So as purveyors of everything delicious we feel the need to make a more updated cookie dough recipe that's actually safe to eat.

We took out the eggs and played with flour replacements. We settled on grinding rolled oats in a spice/coffee grinder to a fine powder; they have the most neutral flavour, and gave the dough a similar consistency to regular



This recipe makes two servings. TORSTAR NEWS SERVICE

cookie dough. But can this dough be baked? Out of curiosity we took heaping teaspoons of the dough and baked them on a lined baking sheet for 15 minutes at 350F (175C); then let them cool to room temperature. The cookies turned out flat since there's no leavening agent but they come out crispy and gooey, so if you like that it's a two in one.

Classic chocolate chip cookie dough

Ingredients:

- 1/4 cup (60 mL) room temperature unsalted butter
- 3 tbsp (45 mL) granulated sugar
- 1/4 cup (60 mL) brown sugar

- 1/2 tsp (2 mL) vanilla extract
- 1 tbsp (15 mL) milk
- 1/4 tsp (1 mL) kosher salt
- 3/4 cup (160 mL) finely ground rolled oats
- 1/4 cup (60 mL) semisweet chocolate chips

Directions:

1. In a medium mixing bowl, mix butter and sugars with rubber spatula until smooth.
2. Add vanilla, milk and salt. Mix until well-incorporated. Fold in ground oats and chocolate chips until smooth. Serve immediately or refrigerate for a stiffer texture.

TORSTAR NEWS SERVICE

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ROSE REISMAN THE SAVVY EATER

THIS WEEK: Fast food

Summer road trips often mean fast food, so choose wisely. Salads are not always what they seem to be!

PICK THIS

Wendy's Ultimate Chicken Grill Sandwich

Calories 380
Fat 8g
Sodium 1010mg



SKIP THIS

Wendy's Taco Supremo Salad

Calories 700
Fat 37g
Sodium 1790mg



HERE'S WHY



Equivalent to 6 pieces of KFC Original Recipe Chicken Breasts

If you're skipping the burger for a perceived healthier alternative such as a salad, make sure to take a closer look. Wendy's Taco Supremo Salad does as much damage as their Son of Baconator double cheese and bacon burger. Their Ultimate Chicken Grill Sandwich is a filling yet lighter choice, shaving off over half the calories and 4.5 times the fat.



JOHANNA SCHNELLER WHAT I'M WATCHING

What does UnREAL's Rachel really want?

THE SHOW: *UnREAL*, Season 2, Episode 6 (Lifetime)

THE MOMENT: The bruise photos

Reality-TV producer Rachel (Shiri Appleby) lies on the floor of the wardrobe trailer, shaken. Her ex-boyfriend Jeremy (Josh Kelly) has just grabbed her arm and hit her in the face. Her boss Chet (Craig Bierko) threw Jeremy out.

"Jeremy can't get away with this," Rachel says. "He didn't. I fired him," Chet replies.

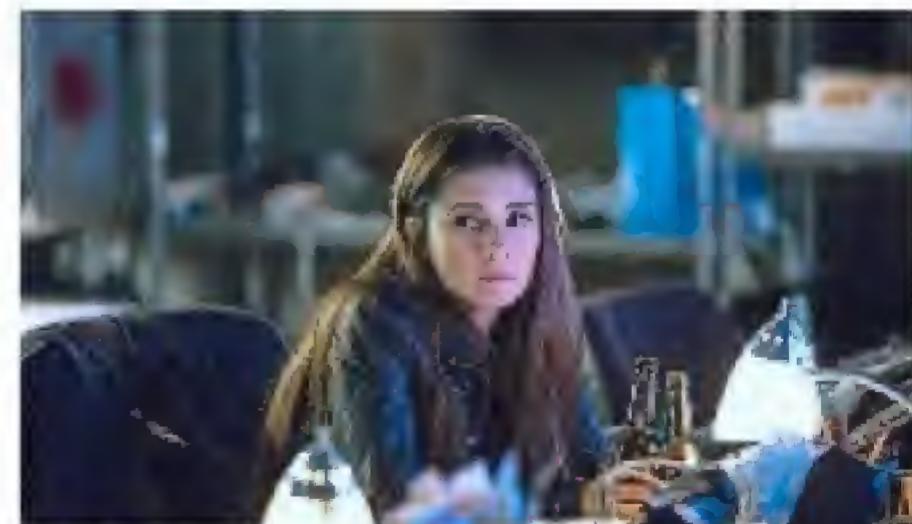
"Well, I'm going to go to the police," Rachel says. "I'm not going to be another silent woman."

"You sure you want to do that to Jeremy?" Chet asks. "You sure you want to do that to us? Jeremy knows where all the bodies are buried around here."

"Did you see what he did?" Rachel protests.

"Yeah," Chet says. "But it's our word against his, and if he talks — this has to stay in the family."

Rachel seems to accede. But when Chet leaves, she photo-



Rachel is a complex character, but it's unclear what her end game is in *UnREAL*. CONTRIBUTED

graphs her bruises with her phone.

As we saw in Season 1, Rachel is a complex cookie. Super-smart, she knows how to manipulate people, but she's also mentally unstable, an emotional grenade with a loose pin.

The fun of this show is the conundrum — how low would you go if that was your job?

At this point, though, what Rachel wants is utterly unclear. It's one thing to ricochet between sabotaging your show

and yourself across a season. Now she's doing that several times per episode. So a few scenes later, when she deletes the bruise photos from her phone, we're supposed to be yelling "No!" at the TV. But I'm wondering, "So soon?" And, "Am I still rooting for her?"

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.



Maggie Gyllenhaal says when she was reading Anna Karenina for an audiobook her "brain was being exercised." GETTY IMAGES

Anna Karenina opened Gyllenhaal's eyes to art

INTERVIEW

Star was 'more engaged with life' while reading audiobook

One of Maggie Gyllenhaal's favourite books is Anna Karenina. So when she was asked to read the classic novel out loud for an audiobook, she didn't hesitate.

"I thought, 'This will be amazing. I'll just sit in a room and re-read Anna Karenina out loud,'" Gyllenhaal recalled. "I just loved the book so much I thought, 'Yes, let's try and do it.'"

Cold, hard reality set in after her first recording session. Leo Tolstoy's masterpiece is over 1,000 pages and extremely complicated.

"A sentence will begin in one place and end really somewhere else. I couldn't cold read it. It just wasn't possible," said the star of Crazy Heart and The Dark Knight.

So Gyllenhaal realized she'd have to do homework and put in long hours at the studio. The result is a moving and dramatic version, available Tuesday by audio seller and producer Audible Inc.

"It was amazing. I learned things about myself from reading the book in the way that I think a lot of people learn things about themselves from reading the book, whether its aloud or to yourself."

"And I learned different things about myself at 37 doing it than I learned when I was 25, which is also the mark of an amazing book."

Gyllenhaal recorded the book

in lower Manhattan over the winter while her husband, Peter Sarsgaard, was filming a movie in Paris.

The plan originally was for 10 six-hour sessions, but it turned into 30 four-hour sessions.

She prepared for each one by reading a different translation of Anna Karenina the night before, trying to stay 50 to 100 pages ahead so she could anticipate what came next in the recording studio.

"There were days when I got behind, but very few, because I found it was not really possible."

"There was one part when I got ahead of myself and I was cold reading in the room. I remember gasping at something I hadn't remembered."

One thing Gyllenhaal refused to do was adopt Russian accents to enliven the masterpiece about love, betrayal and

death among the elite in imperial Russia.

"My skill really is not doing voices. I don't know how to do that. That seems silly to me. At the same time, of course, you want to create a world for people."

"But my skill is basically finding a deep kind of empathy for whomever I'm playing — everything from their point of view. And Anna Karenina is the perfect book for that."

There was an added benefit: While she was reading the book, Gyllenhaal said she felt more engaged in life, going to three plays and an art exhibit.

"I found when I was reading the book that my brain was being exercised in the same way that when you're running a lot you all of a sudden feel the strength in your body."

THE ASSOCIATED PRESS

GOSSIP BRIEFS

Diversity buzz surrounds Emmy Awards

In contrast to the Academy Awards, slammed for overwhelming whiteness, the 68th Emmy nominations to be announced Thursday could play to TV's strength, its relative willingness to give more viewpoints and more people, including minorities and women, a seat at the table.

Black-ish, Roots, Fresh Off the Boat and other shows

vying for recognition make the point. The hit sitcom "black-ish," which has masterfully teased insight and humour out of troubling issues including police brutality and the casually used N-word, is poised to have a breakout showing for its sophomore season.

Anthony Anderson, seen above, who received the



show's sole 2015 nod as lead comedy actor, should expect a second and, this time, be joined by his worthy leading lady, Tracee Ellis Ross. The show itself, from creator Kenya Barris, is in the hunt for top comedy honours.

"I think it's going to have a major (Emmy) presence," said Tom O'Neil, editor and president of the Gold Derby awards handicapping web-

site. "It's critically respected, it has a strong viewer base and it's about diversity at a time that's a pressing issue across Hollywood."

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Paltrow, Kutcher to speak at Airbnb event in L.A.

Gwyneth Paltrow, Ashton Kutcher and Eat Pray Love author Elizabeth Gilbert are scheduled to speak in November at a three-day event sponsored by Airbnb in Los

Angeles.

Last year, the Airbnb Open drew 5,000 Airbnb hosts from 110 countries.

The event, scheduled Nov. 17-19, will be the company's third annual gathering. The company says it's expanding the scope of the Open to welcome hosts and guests who use Airbnb



as well as locals from Los Angeles. The forum is designed to explore the future of travel and hospitality, including topics like making connections and tips for successful hosting.

Kutcher is an investor in Airbnb and a number of other tech startups. Paltrow has stayed in glamorous high-end Airbnbs while travelling.

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It pays to sweat the details



ALL PHOTOS: MIKE GOETZ FOR METRO

THE CHECKLIST | 2016 TOYOTA PRIUS

THE BASICS

- **Type.** Five-door, FWD, compact hatchback
- **Power.** Hybrid, 1.8-litre 95-hp "Atkinson Cycle" I4, 60 kW electric motor generator system, 121 net horsepower
- **Transmission.** CVT
- **Base price (not including destination).** \$25,995



LOVE IT

- Wireless smart phone charging
- Toyota Safety Sense suite, which includes lane departure alert, pre-collision, and radar-enabled cruise control

LEAVE IT

- This "standard" Prius is just a bit small for an active family and all their stuff. You can see why Toyota introduced the V version, to give bigger families more elbow-room.

REVIEW

New Prius a study in hybrid dedication

Mike Goetz
For Metro Canada



As the first mass-produced hybrid, and going it alone for a good stretch, the Toyota Prius went on to become the face of hybrid-vehicle technology.

Well, with the introduction of the new-generation version for model year 2016, the face is no longer the loveable and benign one we've come to expect from the Prius — not quite mean, but there is a definite smirk.

But that is all in keeping with Toyota's plans for the Prius: to make it more engaging to drive and look at, and make it more appealing to a broader range of buyers — not just the crowd that lives for maximizing fuel economy — and has the spreadsheet and clipboard to prove it.

Our test vehicle was the top-shelf Touring model, which comes with a lithium ion battery pack. Base models come with a nickel-metal hydride battery (as did all previous-generation Prius models). Battery packs

have been relocated to under the rear seats, which opens up more cargo room.

The new Prius is based on a new platform, which is more low-slung than the previous one, and a lot stiffer and lighter, so it feels great on the road.

The 121 net horsepower is not going to enact enough G-forces to contort your face under acceleration and/or cornering, but the overall refinement of the powetrain, combined with good torque from both power units, make it very satisfying.

The cabin is still about broadcasting and enabling the hybrid experience, with lots of information disseminated on the drive train and real time fuel efficiency. But this time around, Toyota gave the Prius a bump up in interior aesthetics. Highlights include a wide, wrap-around instrument panel, and an available premium white ornamentation in the lower sections of the cabin, which is reminiscent of fine-bone china.

The Prius has a special role within Toyota — to push the envelope on efficiency and low emission technologies, and then share this expertise with the others. And it continues to show the way with the new 2016 model. Don't worry if this doesn't excite you, as it might with the boys on The Big Bang Theory. You just need to know that Toyota sweated the details.

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RAM TRUCK

Rebel Rebelle

The Rebelle Rally is the first women's off-road navigation race in the U.S., and this year will be the first year of competition. Ram Truck announced its support of Arizona businesswomen Nena Barlow and Kande Jacobsen, providing a 2016 Ram Rebel truck for the two women to drive in the Rebelle Rally. The event covers a highly secret route of back roads, across deserts and over mountains between Lake Tahoe and San Diego.

JASON SIU/AUTOGUIDE.COM



THE ASSOCIATED PRESS FILE

INNOVATION

Toyota patents more than the next guy

For the second year in a row, Toyota was issued more patents than any other automaker. The Intellectual Property Owners Association (IPO) recently published data on patents issued by the United States Patent and Trademark Office in 2015, and Toyota is the only automaker listed among the top 20 on the IPO list.

JASON SIU/AUTOGUIDE.COM

PORSCHE

New Panamera even speedier, more powerful

The new Porsche Panamera Turbo may have clocked a 7:38 Nurburgring lap time, but Porsche isn't done yet. According to Motor Trend, an even more powerful and faster Porsche Panamera is in the works, borrowing hybrid technology from the 918 Spyder. The German automaker did confirm at the 2017 Porsche Panamera's debut that two hybrid models are on the way, and one looks to pack around 700 horsepower. But before then, expect Porsche to add a more powerful Panamera Turbo S to the lineup, sporting around 580 hp. That also means the Porsche Panamera Turbo S will likely turn in an even faster Nurburgring time than the 7:38 from the Turbo model. Eventually, however, there will be a range-topping model to rule them all. It is being described to Motor Trend as a "918 with a back seat," by pairing the Panamera's new 4.0-litre twin-turbo V8 engine with the 918's hybrid technology.

JASON SIU/AUTOGUIDE.COM

HANDOUT

**WHEELS ROUNDUP**

News driving the auto industry brought to you by AutoGuide.com

WHEELS IN BRIEF**Saab is dead — like, DEAD dead**

For real this time.

After entering bankruptcy in 2011 and getting saved by National Electric Vehicle Sweden (NEVS) and Chinese backers, Saab as a brand is officially dead. But that doesn't mean its products won't live on, as NEVS still intends to produce a vehicle based on the Saab 9-3, but with a full-electric powertrain for the Chinese market. NEVS

plans to stick to its original plan when it first acquired Saab, which was to focus on sustainable mobility with electric car offerings and new mobility solutions built around them.

The company has also signed deals with firms in China and Turkey to either supply vehicles or license technology. For now, NEVS will produce its vehicles at the old Saab plant in Trollhättan. JASON SIU/AUTOGUIDE.COM



HANDOUT

SELF-DRIVING CAR TECHNOLOGY

Survey says Americans trust tech firms over automakers

When it comes to the brain inside a self-driving car, Americans would rather it be stamped with an Apple logo than a Ford blue oval. Of the 1,500 people surveyed by consulting firm AlixPartners, 73 per cent of them want to have a vehicle which does all the driving, yet 41 per cent say that they would trust that car more if it is programmed by one of the major tech companies. 26 per cent of respondents said they would prefer their self-driving car from a Japanese automaker. When it comes to assembling the nuts and bolts of automobiles, however, those surveyed trust Ford, General Motors and Chrysler the most. "People want the traditional automakers to be the brawn, building these cars, and they want tech firms to be the brains," said Mark Wakefield of AlixPartners. STEPHEN ELMER/AUTOGUIDE.COM



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REASONS THE VIPER SHOULD LIVE ON

5

Bigger isn't better anymore — automakers have found a replacement for displacement, and the Dodge Viper's death symbolizes that large, naturally aspirated engines are not long for this world. But it will be greatly missed, as shown with the final editions selling out and Dodge building more. Here are five reasons it should stick around. JASON SIU/AUTOGUIDE.COM



CONTRIBUTED

1 Many Viper owners have more than one

If you have ever browsed a Dodge Viper enthusiast forum, you will notice that many Viper owners have more than one. In fact, there's one couple in Texas that owns 80 Vipers as of last year. It's one of few cars in this world to have such a rabid fan base, and when you own a Viper, you know just how special it truly is.

2 It's got the biggest engine available today

It's no secret automakers worldwide are downsizing their engines and adding forced induction to enhance performance. But not the Viper. Through all these years, the venerable sports car stuck to its guns, packing an all-aluminum, hand-built 8.4-litre V10 engine. Churning 645 horsepower, the 8.4-litre power plant may not pump out the performance of a Hellcat, but there's something charming about an engine that big that's naturally aspirated.

3 Icon status

For decades, the Viper stood as an automotive icon — a poster car, if you will. In a market in which kids grow up fawning over Ferraris and Lamborghinis from Italy, the Dodge Viper and its styling has stood the test of time ever since it was introduced in 1991. Now in its third generation, the Viper still carries its signature styling and design from the first model. Plus, how many cars have a side-exit exhaust straight from the factory?

4 Most 'merican car out there

Some argue the Chevrolet Corvette is the most American car there is, but, truly, it's the Viper. It embraces nearly everything that defines American automotive culture, from large displacement engines to an unmistakable exhaust growl. Plus, its styling is brash and bold rather than classy and exotic. There's a reason the Viper has its name. It didn't need to be fancy like the Huracan. Just looking at the car will remind you of the venomous snake.

5 No future car will ever come close

There's no reason an automaker would build an 8.4-litre V10 engine again to shove into a sports car, especially since most exotics are turning to hybrid powertrains and forced induction for performance. It's unlikely we will get another car with such a long, sweeping profile. Through the years, the Viper never made excuses. It has an engine that gobbles up fuel and it stuck with a manual transmission even when most modern sports cars turned to faster-shifting automatics.

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David Ortiz's Red Sox jersey is the most popular this season, judging by sales on MLBShop.com between Jan. 1 and the All-Star Game



Making moves up north

From top draft picks to new coaches to big-time free agent signings, Canadian teams have been among the busiest in the NHL this off-season following the first spring without playoff hockey in Canada in 46 years. A progress report on the happenings so far:

Winnipeg Jets

BIGGEST MOVE: Drafted Patrik Laine with No. 2 overall pick

The Jets were the surprise winner at the draft lottery, leaping past four teams and drafting Finnish highlight maker Laine with the second pick. Laine joins an impressive group of young talent that includes 23-year-old Mark Scheifele, who was inked for eight years last week, Nikolaj Ehlers, 20, and Kyle Connor, who led the NCAA with 71 points as a University of Michigan freshman.



Edmonton Oilers

BIGGEST MOVE: Traded Taylor Hall for Adam Larsson

GM Peter Chiarelli made a need-based move, dealing former No. 1 overall pick Hall. The Oilers like Larsson's upside as a top pairing defender. Edmonton's high-potential forward group also got deeper with the signings of heavy winger Milan Lucic and NCAA champ Drake Caggiula, and the addition of Finnish winger Jesse Puljujarvi via the draft and the fourth overall pick.



Montreal Canadiens

BIGGEST MOVE: Traded P.K. Subban for Shea Weber

It was jarring to see Subban dealt for a player four years his senior and seemingly on the decline. Canadiens GM Marc Bergevin said he valued the experience and leadership Weber could bring to the club's defence.

Bergevin continued his bold summer by signing 30-year-old winger Alex Radulov for one season, and Al Montoya to back up Carey Price in goal.



Calgary Flames

BIGGEST MOVE: Traded for Brian Elliott

The Flames haven't stopped moving this off-season, pulling off significant changes in key areas.

Glen Gulutzan was hired to replace Bob Hartley, the 2014-15 Jack Adams Trophy winner, as Calgary's head coach. It's the second NHL head coaching job for Gulutzan, who served as an assistant in Vancouver for three seasons.

Calgary also took serious steps toward addressing a goaltending situation that was woeful last season. The club traded for new No. 1 Elliott and then signed Chad Johnson to be his backup on July 1. Elliott boasts the second-best save percentage in the league (.925) over the past five seasons, a substantial upgrade over last year's duo of Jonas Hiller and Karri Ramo.

The Flames also got a boost up front by signing veteran Troy Brouwer to a rich four-year deal before buying out Mason Raymond.

The Flames added Matthew Tkachuk with the fifth overall pick at the draft, a promising piece to pair up front with Sean Monahan, Johnny Gaudreau and 20-year-old Sam Bennett.

Still to come for Calgary are new contracts for Monahan and Gaudreau, both as yet unsigned for next season.



THE CANADIAN PRESS
PHOTOS BY GETTY IMAGES



Ottawa Senators

BIGGEST MOVE: Hired Guy Boucher as head coach

The Sens made their biggest splash on May 8 when they hired Boucher to be the franchise's fifth bench boss since 2008, replacing Dave Cameron.

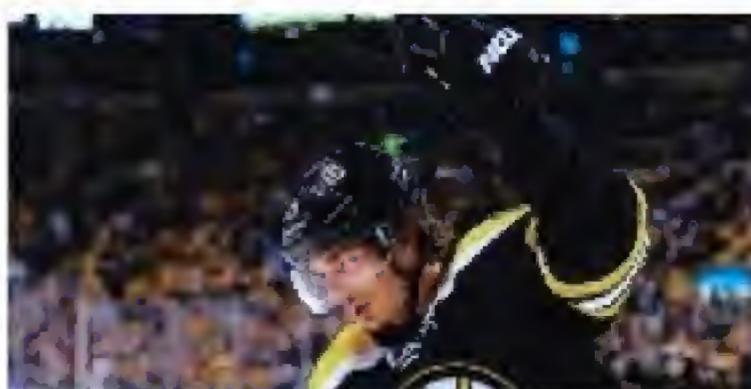
Ottawa, which picked huge American centre Logan Brown (six foot six, 208 pounds) with the No. 11 pick at the NHL draft, stayed relatively quiet on July 1. New GM Pierre Dorion still has to sign 26-year-old winger Mike Hoffman and 22-year-old defenceman Cody Ceci.



Toronto Maple Leafs

BIGGEST MOVE: Drafted Auston Matthews with No. 1 overall pick

Matthews, a potential franchise centre, was one of 11 draft picks made by Toronto in Buffalo. The Leafs also landed their hopeful goalie of the future just before the draft, trading for Frederik Andersen before gambling on the 26-year-old with a five-year deal. Toronto later traded former No. 1 Jonathan Bernier to Anaheim and is now seeking a veteran backup for Andersen.



Vancouver Canucks

BIGGEST MOVE: Signed Loui Eriksson to a six-year deal

GM Jim Benning struck out on acquiring Steven Stamkos and Subban, but on July 1 he inked Swedish winger Loui Eriksson to a \$36-million contract. Vancouver, which lost longtime defenceman Dan Hamhuis to free agency, sought change on defence, trading 20-year-old centre Jared McCann for 24-year-old defenceman Erik Gudbranson. The club also locked up goaltender Jacob Markstrom and drafted defenceman Olli Juolevi.

IN BRIEF

Redblacks receiver earns 3rd straight weekly award

Ottawa receiver Chris Williams has been named a CFL top performer for the third time in as many weeks, while Winnipeg cornerback Maurice Leggett and Edmonton slotback Adarius Bowman are also being recognized for their Week 3 performances.

Though three games, Williams leads the league in receiving yards (493), receptions (25), and touchdowns (six).

THE CANADIAN PRESS

Coyotes sign captain Doan for another year

The Arizona Coyotes signed captain Shane Doan to a one-year contract with a base salary of \$2.5 million on Tuesday.

The total deal will be around \$5 million with a deferred signing bonus and deferred incentives for the NHL's longest-tenured captain.

The 39-year-old Doan is coming off one of his best seasons, leading Arizona with 28 goals and finishing with 19 assists in 72 games.

THE ASSOCIATED PRESS

Pacquiao planning his return to the boxing ring

Manny Pacquiao isn't ready to give up his night job just yet.

Pacquiao, who said before his last fight in April that he would retire, now plans to return to the ring in November against an opponent who has yet to be selected.

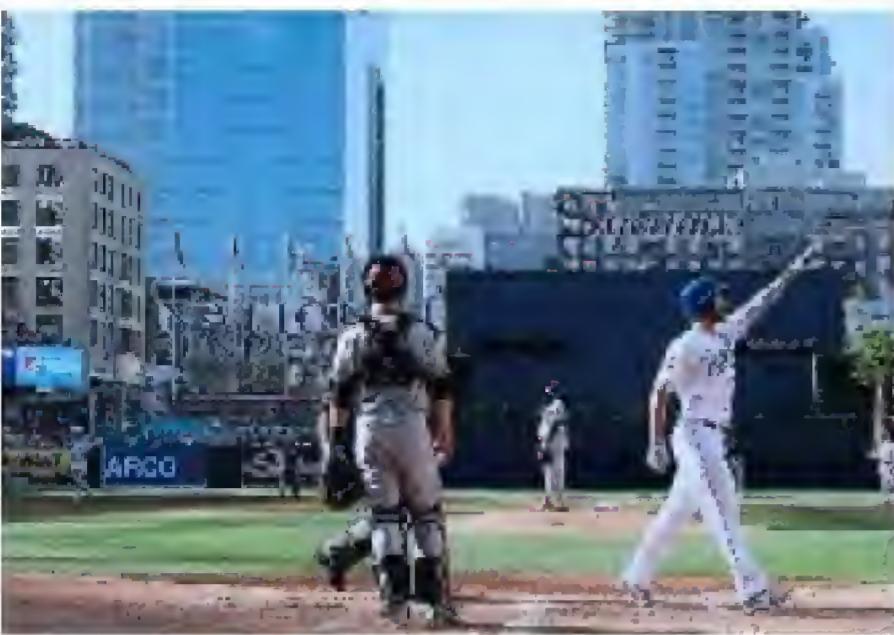
Pacquiao, a senator in the Philippines, will fight Nov. 5, likely in Las Vegas.

THE ASSOCIATED PRESS



He's been the best teammate anyone can ever imagine.

One of Spurs coach Gregg Popovich's comments Tuesday on his retiring superstar, Tim Duncan



MLB ALL-STAR GAME AL TOPS NL IN SAN DIEGO Eric Hosmer of the Kansas City Royals crosses home plate on Tuesday night in San Diego after hitting a second-inning home run off of the San Francisco Giants' Johnny Cueto. The American League won 4-2 to ensure home-field advantage for the World Series.

SEAN M. HAFFEY/GETTY IMAGES

A tone-deaf Tenor anthem

OPENING STATEMENT

B.C.-based group apologize for 'lone wolf's' O Canada antics

The Tenors say they are "deeply sorry" for a political statement made during the singing of O Canada on Tuesday night before the Major League Baseball All-Star Game in San Diego.

During their on-field performance at Petco Park, a line in the anthem was changed to "We're all brothers and sisters,

all lives matter to the great." The normal lyric is "With glowing hearts we see thee rise. The True North strong and free."

In a statement posted on Facebook, members of the British Columbia-based quartet blame the altered lyric on group member Remigio Pereira, saying he acted as a "lone wolf" who changed the anthem to "serve his own political views."

The statement says the other members of the group are "shocked and embarrassed" and are deeply sorry for what they call the "disrespectful and misguided lack of judgment" by one member of the group.



Remigio Pereira
GETTY IMAGES

Pereira also held up a sign during the Canadian anthem saying "All Lives Matter" while singing the altered lyrics. The words "United We Stand" were written on the back of the sign.

Although the audio wasn't crystal-clear at the park, many fans reacted with surprise. The Canadian anthem wasn't shown live on U.S. television, but it aired in Canada, where the decision to change the words drew a whirlwind of

criticism on social media.

"Our sincere apologies and regrets go out to everybody who witnessed this shameful act, to our fellow Canadians, to Major League Baseball, to our friends, families, fans and to all those affected," the statement continued.

"The actions of one member of this group were extremely selfish and he will not be performing with The Tenors until further notice," said the statement.

The other members of the Tenors are Clifton Murray, Fraser Walters and Victor Micallef.

THE CANADIAN PRESS

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RECIPE Basil Avocado Salsa Chicken



Ceri Marsh & Laura Keogh
For Metro Canada

Pair thin pieces of chicken with this easy salsa full of simple, fresh ingredients and you have dinner perfection.

Ready in

Prep time: 20 minutes
Cook time: 15 minutes

Ingredients

- 4 boneless, skinless chicken breast
- kosher salt
- pepper
- 2 tbsps olive oil
- 1/2 cup diced red onion
- about 12 cherry tomatoes, halved
- 1/2 cup diced cucumber
- 1/4 cup chopped fresh basil, plus more for garnish
- 1 1/2 tbsp lemon juice
- 1/2 tsp salt
- 3 large, ripe avocados, diced

Directions

1. Place chicken between two pieces of plastic wrap or inside a plastic bag; pound chicken to about 1/4 inch thick using a mallet or rolling pin. Season with salt and pepper.
2. In a large bowl, toss onion, tomatoes, cucumber, basil, lemon juice and salt. Gently mix in avocado.
3. In a large cast iron skillet over medium heat, warm 1 tsp oil and add two chicken breasts and cook through, about 4 minutes on each side. Transfer to a plate and repeat with the last two breasts.
4. Serve chicken with salsa, drizzle olive oil and sprinkle of chopped basil.

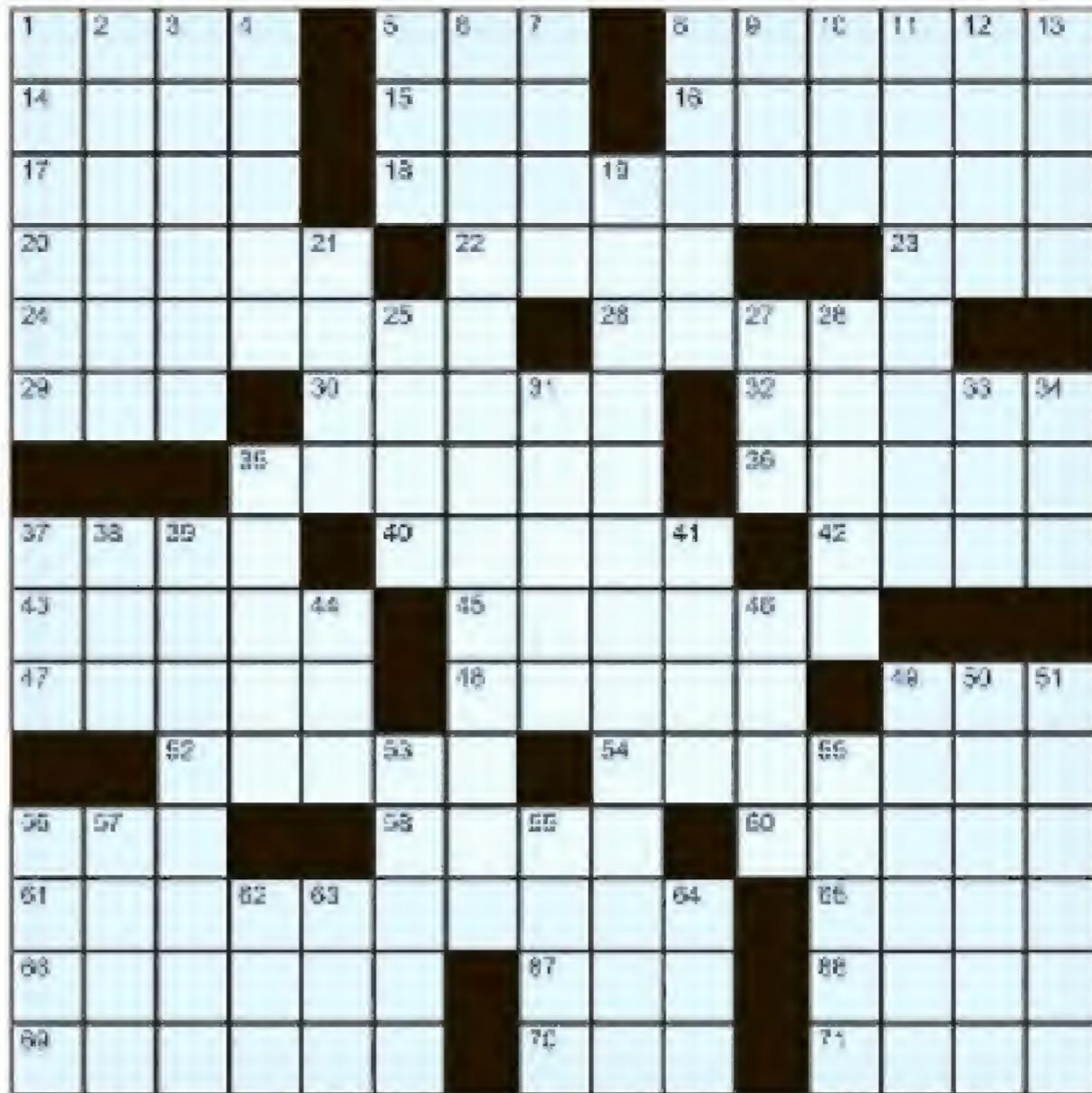
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CROSSWORD Canada Across and Down

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ACROSS

1. "Eyes Wide ___" (1999)
5. Maturate
8. 1969 Elvis hit: "In the ___"
14. Stylish
15. "Tin Tin"
16. Update, workshop-style
17. Rainbow goddess of ancient Greece
18. ___ Rod (Giant roadside attraction in Houston, British Columbia)
20. Soldiers group
22. Brewery yeast
23. Grassland
24. Imply
26. Effigy
29. Open 24 ___ (All day/night store sign)
30. Saskatchewan hamlet near Moose Jaw; or, "Gigi" (1958) star Leslie
32. Garden's lounging lieu
35. Susan ___ The Volcano Lover novelist
36. Wreck
37. 1/6 inch printing unit
40. Disconcerted
42. Bestow
43. Door accessories
45. Art gallery prints, e.g.
47. Category
48. Greish
49. ___ for Hull
52. Game ragout
54. Competitor
56. Dunk
58. Beatles title lady
60. "An ___ of prevention is worth..."



61. Toronto subway line, Yonge-
62. Greyish
63. "___ for Hull"
64. Game ragout
65. Write, chicken-scratch style
66. Domesticated
67. ___-trial
68. Beatles title lady
69. "___ a Place" by The Beatles

70. Adjust
71. She-__ (Mother's trendy backyard oasis)

DOWN

1. Sew
2. Feeling from frightful film frames
3. Partnerships
4. Mr. Beckford
5. Cute bark
6. Manitoba municipality 350 kms northwest of Winnipeg: 2 wds.

7. Singer born Eithne Ni Bhraonain
8. Fairytale-inspired drama on NBC
9. Guys
10. Ordinal suffix
11. Eau de ___
12. Muscle quality
13. Eldest sister in Three Sisters, Anton

Chekhov's play
19. July 13th to July 24th, 2016: Winnipeg ___ Festival, its slogan is "You Wanna Play?"
21. Somewhat, in music
25. One of the islands of British Columbia archipelago Haida Gwaii
27. Fitting
28. Jails in England
31. "Midnight at the ___": 1974 hit for Maria Muldaur
33. Mr. Fleming
34. Un-new
35. Brand of hummus
37. Canada Post delivery, e.g.
38. 'Serpent' suffix
39. Plot
41. Subsequently
44. Salt, in a Montreal restaurant
46. Unfooled: 2 wds.
49. "___ Montana"
50. Household ___ (Marketing survey question)
51. Brooded
53. Soil fertilizers
55. What the unprotected iron does
56. "___ in the Wind" by Kansas
57. Move an ___ (Budge)
59. Puppy bites
62. Sort, for short
63. Baby baa-er's birther
64. However

* IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
If dividing or sharing something, or having an important discussion about inheritances, make sure to protect your own interests. Don't give away the farm.

Taurus April 21 - May 21
You feel particularly sympathetic to a friend or loved one today. This is a good day for a warm, heart-to-heart discussion with someone.

Gemini May 22 - June 21
A co-worker might confide in you today or need your advice. Sometimes people just need a sympathetic ear. (Never miss an opportunity to practice a small kindness.)

Cancer June 22 - July 23
This is a lovely day for the arts or for doing any kind of creative work. You feel particularly sympathetic to the needs of children, which is a good thing.

Leo July 24 - Aug. 23
Family discussions will be warm and friendly today. This is a good day to talk to someone about his or her problems (or perhaps your problems), because people are sympathetic today.

Virgo Aug. 24 - Sept. 23
You might spend time daydreaming today, because your imagination is heightened. In fact, your ability to visualize is heightened, hence your desire to escape into fantasy.

Libra Sept. 24 - Oct. 23
If shopping today, you will be tempted to buy luxurious, elegant items. (It's tough to have champagne tastes on a beer wallet.)

Scorpio Oct. 24 - Nov. 22
Today the Moon is in your sign, dancing with mysterious Neptune. This makes you particularly sensitive to your surroundings and the feelings of others.

Sagittarius Nov. 23 - Dec. 21
Hidden secrets might be revealed today. Or perhaps you will feel more in tune with your own psychic abilities. (We all have them.) You also might be attracted to mysticism or magical ideas. ("Where is that Ouija board?")

Capricorn Dec. 22 - Jan. 20
A discussion with a female friend will be important and perhaps confidential. Someone might need your emotional support.

Aquarius Jan. 21 - Feb. 19
Personal details about your private life might be made public today. Fortunately, it might be that someone discovers a good deed you have done. Something will reveal that you have a sympathetic, caring nature.

Pisces Feb. 20 - March 20
Because your appreciation of beauty is heightened today, visit beautiful places — museums, galleries, architectural buildings and parks. Enjoy your day!

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	7		9	3		
5		7		3	1	
9		1	5			8
7	4			6		
8	3		6		2	7
	6			9	4	
9		4	2		6	
6	5	3			4	
	7	1	5			

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YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

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1	9	2	8	4	5	3	7	6
4	3	7	6	9	2	5	8	1
6	5	8	3	7	1	2	4	9
8	4	9	5	1	7	6	3	2
5	7	3	2	6	9	8	1	4
2	1	6	4	3	8	7	9	5
3	2	4	9	8	6	1	5	7
7	8	5	1	2	4	9	6	3
9	6	1	7	5	3	4	2	8



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